

"Token of Love" means \$25,000 for the Heart Fund

February is Heart Month and Hallmark Cards Canada is joining forces with the Heart and Stroke Foundation of Ontario in an effort to raise \$25,000 for the Heart Fund campaign.

With every Hallmark Valentine card purchased in Ontario between January 1st and February 14th comes a heart shaped 'token of love'. Consumers can drop their token into a special container in the store and for each container that is filled, Hallmark Cards will make a contribution to the fundraising effort.

"With the 'token of love' campaign, Hallmark hopes its customers show not only love for the important people in their lives but also care for their health," stresses Marilee Harris, spokesperson for Hallmark Cards Canada.

The Heart Fund has supported heart, stroke and blood vessel research by raising more than \$170 million since 1955. Life saving innovations such as pacemakers, heart by-passes, coronary care units and heart valve replacements are a direct

result of heart research financed by fundraising ventures.

"At least 100,000 people have lived longer because of the Heart Fund's efforts in support of research," states Bob Nobes, President of the Heart and

Stroke Foundation of Ontario. "But we still have a good deal of work ahead of us. Although deaths from high blood pressure

have been reduced by 87 per cent, heart attack deaths are still the largest single cause of death in Canada," he states.

Hallmark hopes that their customers will think of both

love and life when they buy their Valentine cards this year.

"Most people don't think about their heart often enough, but the one time this does occur is when Valentine's Day approaches. We hope our customers will join with us in supporting the Heart Fund's cause," Harris says.

The promotion is taking place wherever Hallmark cards are sold including drug, gift and department stores across the province.

THE HALLMARK OUTLETS IN THE GEORGETOWN AREA ARE:

Guelph Street Stationery and Office, 136 Guelph St., Unit c.
Kentner's Pharmacy, 68 Main St. S.
Young's Pharmacy, 76 Main St. S.

TIPS TO A HEALTHY HEART

The Heart and Stroke Foundation of Ontario has the following advice:

- Have your blood pressure checked regularly
- Keep your weight within a normal range for your height and body build
- Don't smoke
- Try to cut down on the amount of salt you use
- Exercise regularly
- Make an effort to cope with stressful situations



Bob Nobes, President of the Heart and Stroke Foundation of Ontario and Marilee Harris, Marketing and Operations Manager for Hallmark Cards share a 'token of love' as they join forces to raise \$25,000 for the February Heart Fund campaign.



MOUNTAINVIEW PLAZA

BULK FOODS

10 MOUNTAINVIEW RD.S.
GEORGETOWN

877-5570



NOUGAT SWIRLS
Reg. \$2.23 lb.
NOW \$1.99 LB.



HONEY NUTS
Reg. \$1.79 lb.
NOW \$1.49 LB.



STORE HOURS:
Mon., Tues., Wed. 9:00 a.m.-7:00 p.m.
Thurs., Fri. 9:00 a.m.-9:00 p.m.
Saturday 9:00 a.m.-6:00 p.m.

HAPPY 40th ANNIVERSARY

KEN & MARION RICHARDSON



CONGRATULATIONS FROM YOUR FAMILY — JIM & MAUREEN, GEORGE AND BETH, RON AND GRANDCHILDREN — Laureen, Faith, Denise, Sandra, Angela, Jamie and Dougie.



THE AFTERMATH

The Demand For Great Chicken Was So Great, That It Seemed All of Georgetown Had To Wait! (AND WE'RE SORRY!)

THE SUPER SALE Is Gone Away But The Taste That's Great Is Here To STAY!!

THANK YOU GEORGETOWN

P.S. HAPPY VALENTINES DAY

873-1646

— FREE DELIVERY —



The Great Taste of BBQ Chicken

232 GUELPH STREET
(Next To The Royal Bank)
GEORGETOWN, ONTARIO